



**GIPPSLAND
SPORTS
ACADEMY**

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Information Sheet - 2022 Clay Target Shooting Program

Gippsland Sports Academy (GSA) will again run its Clay Target Shooting Program in 2022 with Andrew Brady as Head Coach. Andrew will be assisted with Guest coaches for this year. Athletes offered a place in the squad will get the opportunity to attend 4 coaching days in 2022 and participate in Sport Science sessions provided by the GSA.

This year we are looking to have three squads at our training days, Performance Squad selected returning athletes, Pathway Squad for those looking to go further with their sport and Development Squad for those athletes starting in our program.

This program is a sub-elite level coaching program. It is intended to prepare athletes for events of a calibre to achieve results capable of national program selection, (eg ACTA Academy). As such there is a reasonable expectation that athletes (with parental assistance) will seek out and compete in events in their discipline at significant club events, interschool competition, all State and National Championships.

Additional attributes we are looking for in clay target athletes:

- Potential shown within clay target shooting since taking up the sport.
- Positive attitude towards learning new skills.
- Willingness to commit to training.

Athletes selected are expected to represent the GSA positively in coaching and competition, and may be required to wear GSA uniform when competing.

Please see below a brief overview of the program:

Induction Day	<p>Date: 26th June 2022</p> <p>Venue: Korumburra Gun Club</p> <p>Time: 11.00am – 3.00pm</p> <p>Induction day is held for all GSA athletes. The day is for registration of athletes and will be at the commencement of the first training session</p>
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Sessions to be held	<p>(Dates, Times & Venues to be confirmed for 2022)</p> <p>Sessions will be held in June, August, Oct & Dec</p> <p>Venues: Korumburra, Bairnsdale, Melbourne & Frankston</p> <p>Suggested times 10am – 2pm (TBC)</p> <p>ACE Day – April 2023: Psychology, Nutrition & other sessions (school holiday program)</p>
Strength and Conditioning sessions	<p>A monthly Zoom S & C session will be on the 1st Thursday of every month from 5pm – 6pm during the program</p> <p>Face to Face Strength & Conditioning sessions will be held the 3rd Tuesday of every month from 5:30pm - 6:30pm during the program</p> <p>Locations - Bairnsdale, Leongatha, Newborough, Sale & Warragul</p> <p>A home program is given to each athlete and tracked through the TeamBuildr app</p> <p>A fitness test will be completed at the commencement of the program in 2022</p>
Musculo-Skeletal Screening	<p>All athletes new and returning must undergo a musculo-skeletal screening at induction. The cost is \$75 paid directly to the physio Rob Stephenson (LV Physiotherapy) on the day. Screenings can be claimed through your private health insurance (if applicable). Please note that screenings can only be conducted by a qualified Physiotherapist as directed by Sports Medicine Australia.</p>
Cost & Payment	<p>Final costs are determined by the final number of athletes that accept their position with the Academy. Costs per athlete for the 2022 program are estimated as follows:</p> <ul style="list-style-type: none"> - Athlete Levies \$150 (ex gst) - Uniform costs approx. \$120 - \$215. - Shooting Vests approx. \$200 <p>A \$100 non-refundable deposit must be paid to the GSA prior to induction</p>
Sport Integrity Australia	<p>All athletes will also have a presentation on the Australian Sports and Anti-Doping Association education session. Completion of either the Level 1 or Level 2 Anti-Doping Course is required dependant on previous participation</p>

Expectations of Athletes	Athletes are expected to attend all Academy activities, where possible, this involves committing to: <ul style="list-style-type: none">➤ Attend all training sessions except athletes who have an agreement with the Head Coach to attend State or National opportunities.➤ Follow the strength and conditioning program, including completing components at home.➤ Attend other Academy functions such as:<ul style="list-style-type: none">- ACE day April 2023- Awards evening May 2023 Be a registered member of Victorian Clay Target Association in 2022.
Friends of the Academy	In order to offset costs the Academy has a program called 'Friends of the Academy'. This is a donation program whereby athletes seek support from local businesses and friends to contribute towards the costs. Further details will be given upon invitation into the program.

To register your interest in the 2022 CTS Program please complete the form at the link below:

<https://forms.gle/ut5afbSQsFQcPQ947>

or contact:

Andrew Brady 0434 266 239 andrew@bronzewing.net

or this office on:

Ph: 03 5127 0223

Email: tanyav@sportgippsland.org.au

If you have any further queries, please do not hesitate to contact myself on 0411 435 819.

Yours truly



Anita Pistrin
Executive Officer
Gippsland Sports Academy